
HORS
D'OEUVRE

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by

June Dutton and Edith Vanocur

June Dutton and Edith Vanocur are a couple of active Washington, D.C. housewives who, as Edith put it, decided to rebel against "cut and dried canapes" that are the staple diet at capital functions. Their husbands' jobs (Fred Dutton was on President Kennedy's staff and Sander Vanocur is Washington political pundit for NBC)

HORS D'OEUVRE

34 RECIPES

BY JUNE DUTTON
& EDITH VANOCUR

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Introduction

This little volume is for everyone – beginner to gourmet. Most of the recipes are a snap to make – all are a treat to taste. We boast variety and originality, not to mention brevity.

The authors.

ORIENTAL CHICKEN WINGS

10 CHICKEN WINGS; ⅓ cup SOY SAUCE; 2 tablespoons SUGAR; 1 tablespoon DRY SHERRY; ½ teaspoon ANISE SEED; ½ teaspoon MSG; ⅓ cup WATER.

Cut tips off the wings and discard. Then cut wings in two at the joint, for easier eating. Wash in warm water and dry.

Put cleaned wings and above ingredients into a heavy pan and bring to a boil. Lower heat, cover and simmer for 20 minutes. Stir occasionally to insure even color. Remove cover and simmer for another 15 minutes until about ½ cupful of liquid remains. Baste frequently.

Spoon liquid on wings and serve hot or cold. Even more tasty if made a day ahead. Yields 20 pieces.



CHOPPED CHICKEN LIVERS

1 pound CHICKEN LIVERS; 1 medium ONION, chopped fine; 3 tablespoons CHICKEN FAT; 2 hard-cooked EGGS, chopped; 1 teaspoon SALT; PEPPER to taste; 2 tablespoons BRANDY.

Saute one half of the chopped onions in chicken fat, until transparent. (Set aside other half). Add chicken livers and cook slowly, stirring frequently, for about 10 minutes (do not brown). Remove livers from pan and set aside drippings.

Finely chop livers and hard-cooked eggs and combine. Add remaining raw, chopped onion, drippings from pan, salt, pepper and brandy. Mix well and chill before serving on melba toast.

HOT MARROW CANAPE

Place MARROW BONES (these can be had at no charge from the butcher) in cold water to cover. Bring to a boil and simmer for about 30 minutes until the marrow is cooked through and comes away from the bones easily.

Remove the marrow from the bones and cover a bite-size melba toast round with 1 heaped teaspoon of marrow. Salt to taste and serve while hot.

This is an easy, inexpensive but impressive tidbit.

ONION PIE

1 9-inch PIE SHELL (see index for Flaky Pastry or Puff Paste); 1 large, yellow ONION, thinly sliced in rings; 4 EGG YOLKS; ½ cup WHIPPING CREAM or HALF and HALF; ½ teaspoon SALT; PEPPER or SEASONED PEPPER to taste; 1 small can ANCHOVY FILLETS; 1 small can BLACK OLIVES.

Saute onion rings in a little oil or butter until transparent, not brown. Set aside to cool.

Beat egg yolks with cream and seasoning. Arrange onions in pie shell. Add egg mixture. Garnish with anchovy fillets and black olives.

Bake in preheated oven 450° for 10 minutes. Reduce temperature to 350° and continue baking for 30 minutes or until filling is set. Slice in narrow wedges and serve hot. Serves 10 to 12.



SOUSED SALMON

2 medium size SALMON FILLETS; 1 medium size ONION, thinly sliced in rings; 2 cups VINEGAR (or to cover salmon); 1 large BAY LEAF; 10 PEPPERCORNS; ½ teaspoon SALT; 8 JUNIPER BERRIES (optional); ½ teaspoon DILL WEED.

Cover salmon with cold water to which bay leaf, peppercorns, salt and berries have been added. Boil gently until fish is tender. While salmon is cooking, slice onion and add to vinegar. Bring vinegar to a gentle boil and cook until onions are wilted.

When salmon is tender, drain, bone and skin. Place fish in a shallow dish and cover with hot vinegar and onion. Sprinkle with dill weed and refrigerate at least overnight . . . 2 or 3 days is better. Serve chilled in the marinade and don't forget toothpicks. Fresh or frozen cooked shrimps are successful substitutes for salmon. Serves 6 to 8.



FISH ESCABECHE

1 large SWORDFISH STEAK or any other firm fish; juice of one LIME or LEMON; 1 large ONION, sliced thin; 3 cloves GARLIC, crushed; 1½ cups OLIVE OIL; ¾ cup VINEGAR; 2 large BAY LEAVES; 1 teaspoon PICKLING SPICE; 6 PEPPERCORNS; 1 teaspoon GROUND CUMIN; 2 dry, red CHILI PEPPERS, seeded and crushed; ½ teaspoon SALT.

Cut fish in bite size cubes, sprinkle with lime or lemon juice and set aside in shallow bowl. In a heavy skillet, fry onion in two tablespoons of olive oil until transparent, not brown. Add garlic, remainder of oil, vinegar, seasoning and spices. Simmer for 30 minutes. Cool and pour over raw fish.
Refrigerate at least 24 hours. Serve on toothpicks in the marinade. Makes about 20 pieces.

SWISS TORTILLAS

6 uncooked, CORN TORTILLAS; ½ pound grated SWISS CHEESE; 1 4-ounce can roasted (or peeled) green CHILI PEPPERS.

Cover each tortilla liberally with grated cheese. Cook under broiler until cheese is melted and bubbly. Remove and dot with chopped green chili peppers to taste.
Roll up tortilla and cut in bite size pieces. Fasten with toothpick. Serve immediately.
Yields about 30.

MUSHROOM ROLLS

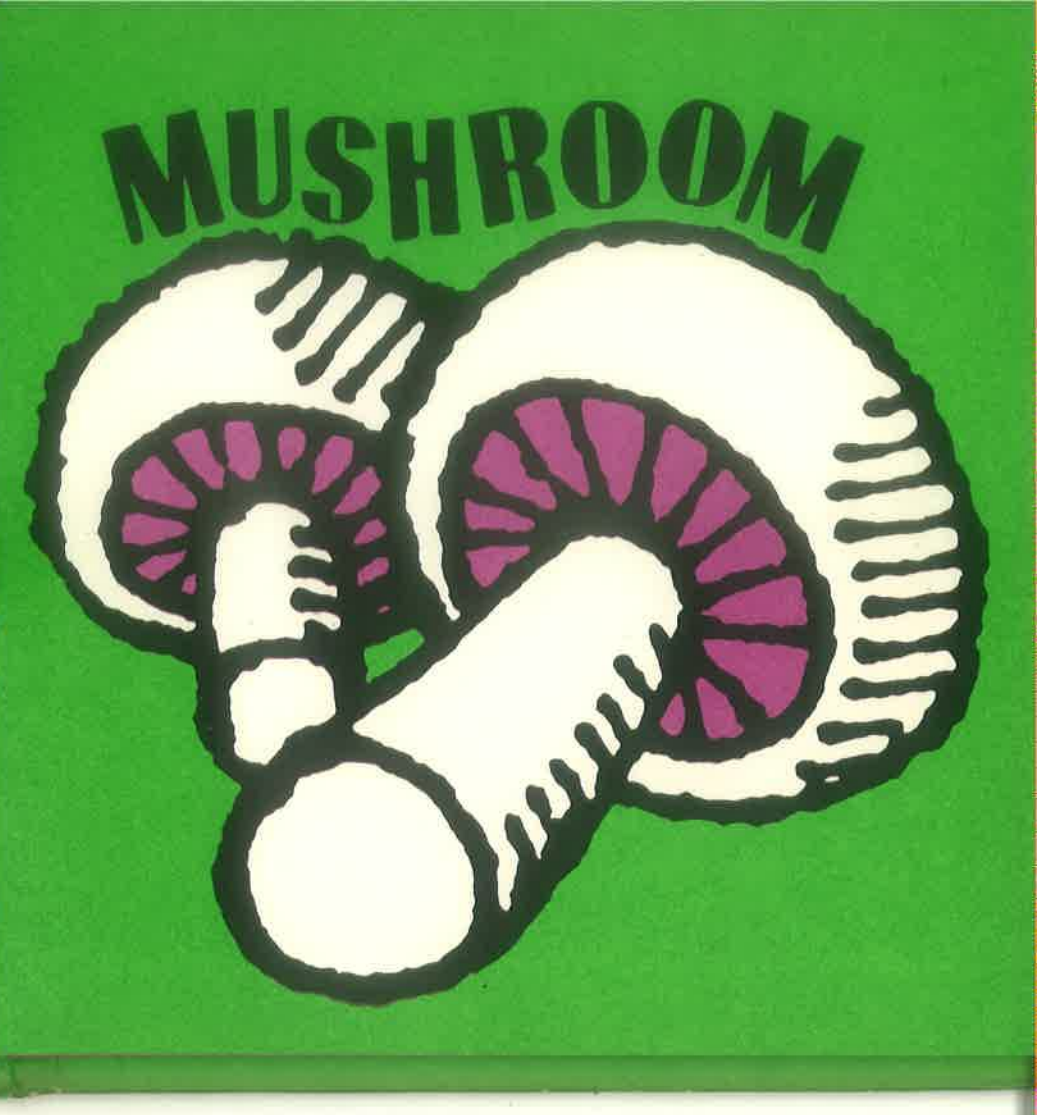
1 loaf very fresh, unsliced WHITE BREAD; ½ pound fresh MUSHROOMS; 1½ tablespoons BUTTER; ¼ teaspoon WHITE PEPPER.

Wipe mushrooms clean with damp cloth, chop very fine and saute for about 5 minutes in butter. Stir frequently.

Cut crusts from bread and slice as thin as possible (if you cannot get your bakery to slice the bread thin enough).

Slices can be rolled thinner with a rolling pin if necessary.

Spread slices generously with mushrooms and roll. Cut roll in halves or thirds and place on cookie tray. Rolls can be refrigerated or frozen (defrost before baking) and put under the broiler to brown when ready to serve. A ½ pound of mushrooms makes about 2½ dozen rolls.



CHINESE SPARERIBS

Cut 2 pounds of SPARERIBS into pieces that can be conveniently handled with the fingers. Marinate overnight in the following mixture:

3 cloves of sliced GARLIC; 1½ teaspoons SALT; ¼ cup HONEY; ¼ cup SOY SAUCE; ¼ cup CATSUP; ¾ teaspoon MSG; 1 cup CHICKEN STOCK (made with chicken bouillon cubes); ½ teaspoon PREPARED MUSTARD.

Turn ribs occasionally in marinade. When ready to bake, place ribs on rack in 325° oven for about 1 hour and 15 minutes. Use marinade for frequent basting. Turn ribs several times for even browning. Serves 8.



LEMON PEPPERS

2 large or 3 medium size BELL PEPPERS; ⅓ cup LEMON JUICE; ¼ cup OLIVE OIL; 2 SCALLIONS, chopped fine; 1 clove GARLIC, sliced; 1 small BAY LEAF, crushed; ½ teaspoon dried SWEET BASIL; ¼ teaspoon SALT; SEASONED or CRACKED PEPPER to taste.

Bake peppers in pre-heated 400° oven until skin darkens and puffs (12 to 15 minutes). When cool remove skins, stems and seeds and cut peppers into strips 2 inches by ½ inch. Set aside in shallow bowl. Make a marinade of the above ingredients and pour over peppers. Cover and let stand, at least overnight, stirring occasionally.

To serve, fold strips in half and secure with a toothpick. Lemon peppers improve with standing and can be kept for several weeks in the refrigerator. After 24 hours, remove garlic slices.

A tasty accompaniment with meat or cheese hors d'oeuvre.



BEEF PIZZA

(Sweet pickles are a delicious accompaniment)

5 ENGLISH MUFFINS; ¾ pound GROUND BEEF; 1 teaspoon OLIVE OIL; 1 small to medium ONION, chopped fine; 1 large clove GARLIC, chopped fine; ¾ teaspoon SALT; cracked or SEASONED PEPPER to taste; 1 8-ounce can TOMATO SAUCE; ½ to ¾ pound JACK CHEESE; dried OREGANO.

Saute onions and garlic in olive oil until transparent. Add meat, salt and pepper and brown lightly. Set aside.

Break muffins apart, making 2 rounds. Cover each round with 1 tablespoon tomato sauce. Add 2 tablespoons beef. Sprinkle with a pinch of dried oregano. Cover with generous slice of cheese and place in 375° oven until cheese is melted and bubbly. Cut into quarters and serve hot. Makes 40.

These can be frozen successfully. (Defrost before baking).



SPICY BEEF MORSELS

Marinate overnight 1½ pounds boneless BEEF SIRLOIN or top quality top round (cut in bite size cubes) in:

⅓ cup SOY SAUCE; 2 tablespoons OLIVE OIL; 3 cloves GARLIC, sliced; 3 tablespoons fresh GINGER ROOT, sliced or 1 teaspoon powdered ginger; tops of three SCALLIONS, chopped; 4 small, dried red CHILI PEPPERS, seeded and crushed; ¼ teaspoon MSG.

Stir occasionally. When ready to serve, brown cubes under a very hot broiler so that meat is not too well done inside. Serve at once.
These morsels are excellent served raw. Be sure they marinate overnight and are chilled before serving. Makes about 5 dozen.

PATÉ DE FOIE

1 pound GOOSE FAT (inside fat); 1 large, yellow ONION, chopped; 3 SHALLOTS, chopped; 6 cloves GARLIC, chopped; 1 pound CHICKEN LIVERS; 1 GOOSE LIVER; 2 pounds GROUND PORK (not too lean); 1 demitasse BRANDY or COGNAC; 1 teaspoon SALT; ¼ teaspoon FRESH GROUND PEPPER, pinch of ALLSPICE; 4 TRUFFLES (optional).

Render the goose fat in large, heavy frying pan. Add and fry slowly (without browning) onion, shallots, garlic, chicken and goose livers. Stir frequently. Add ground pork, brandy and spices. Simmer on lowest heat possible for at least 2 hours.
Using an electric blender, blend this mixture (a little at a time), scraping the sides of the blender to insure uniform smoothness. Add 3 chopped truffles and truffle liquid after paté is blended.
Put mixture in a paté tureen or heat-proof, covered

casserole and set in a kettle of boiling water. Water should reach ¾ up the side of the tureen at all times. Simmer for 4 hours, by which time the goose fat should have risen to the surface. Cool. Garnish with one sliced truffle. Refrigerate for 2 or 3 days before serving cold with melba toast.

This is enough paté for a large cocktail party. It can be divided into small portions and frozen for future use.



CLAM SPREAD

1 - 7½-ounce can MINCED CLAMS; ½ to ¾ of 3-ounce package CREAM CHEESE; 2 strips BACON, cut in small pieces; 2 SCALLIONS, chopped fine; SEASONED PEPPER to taste.

Drain clams and set aside. Chop bacon into small pieces and brown. Add scallions to bacon and saute lightly. Drain bacon and onions. Mix cream cheese with clams. Add bacon, scallions and pepper. Spread on small rounds of lightly browned FLAKY PASTRY (see index) or Ritz crackers and heat under broiler until bubbly. Makes about 2 dozen.



QUICHE SAUSALITO

8 strips BACON, crumbled; 1 medium to small ONION, chopped, 1 teaspoon BACON DRIPPINGS; 1½ cups grated SWISS CHEESE; 2 EGG YOLKS; 2 whole EGGS; ½ cup WHIPPING CREAM; ½ teaspoon SALT; dash of CAYENNE; ¼ teaspoon NUTMEG; 1 9-inch unbaked PASTRY SHELL (See Flaky Pastry or Puff Paste).

Fry bacon until crisp. Remove from pan and drain. Saute onion until transparent in 1 teaspoon of the bacon fat and a pinch of salt. Remove and drain. Grate cheese.
With an electric or hand beater, mix eggs, cream, salt nutmeg and cayenne. In unbaked pastry shell, layer cheese, crumbled bacon and onion. Pour egg mixture over all, and bake in 375° oven for 35 to 40 minutes or until custard is set. Cut in narrow pie-shaped wedges. Serve hot or cold.
Can be made ahead and frozen. Defrost before baking.

FLAKY PASTRY

2 cups FLOUR; ½ teaspoon SALT; 1 cup VEGETABLE SHORTENING; ICE WATER.

Mix flour and salt. Work shortening into flour with fingers tips until ingredients are well blended and no large lumps of shortening remain. Add enough ice water to make dough stick together in a ball, but do not make dough sticky.
Roll on floured surface. Dough can be used as crust for ONION PIE or QUICHE SAUSALITO (see index) Yields 2 shells.
To use flaky pastry as a "cracker" base for cheese or any other topping, cut dough with a cookie cutter into desired size and bake in a 375° oven until barely brown. Finish baking after spreading with clam spread (see index), cheese or your favourite topping. Flaky pastry will keep satisfactorily in the refrigerator for several days before baking or can be frozen.

PUFF PASTE

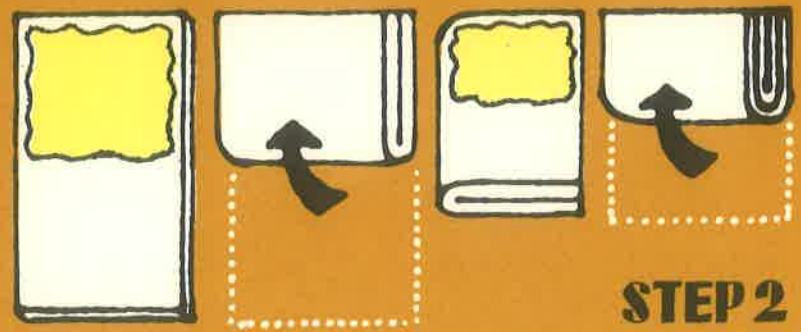
4 cups FLOUR; 1 pound MARGARINE; ½ teaspoon BAKING POWDER; 1 teaspoon SALT; ICE WATER.

Step 1; Mix flour, baking powder and salt. Cut one stick of margarine into the flour with sharp knife. Work gently with hands until ingredients are well blended. Add enough water (about 1¼ cups) to make the dough form a ball. Knead until soft.

Step 2; Roll dough into a rectangle ¼ to ½ inch thick. Spread 2 sticks of very soft margarine over the top half of the rectangle (leaving a ¾ inch margin around the edges). Wet edges with ice water and cover the top half by folding the bottom half up over it. Press edges to seal. Turn sideways and spread half of the top surface with 1 stick of very soft margarine and seal as before. Refrigerate at least one hour.

Step 3; Remove from refrigerator and roll pastry one direction only, taking care not to break the surface, into a rectangle ½ inch thick. Fold into thirds (like a letter), turn sideways and repeat. Refrigerate for 1 hour.

Step 4; Repeat rolling and folding and refrigerate one hour. After final refrigeration, pastry is ready to be rolled for baking. One fourth of dough will make 1 single pie shell. Puff paste can be used in making ONION PIE, QUICHE SAUSALITO and CHEESE LEAVES (see index). It can be kept several days in the refrigerator or successfully frozen before baking. Yields 4 single pie shells.



LAMB KABOBS

2 pounds LAMB (leg), cubed; juice of 2½ LEMONS; 2 tablespoons VINEGAR; 3 tablespoons OLIVE OIL; ¼ cup WHITE WINE; 2 cloves GARLIC, sliced; 1 small ONION, sliced; 1 teaspoon OREGANO; SEASONED PEPPER to taste.

Cut lamb in bite size pieces and marinate at least overnight in remaining ingredients. Drain meat and brown under hot broiler. Serve immediately. Serves 12 to 14.



BLINI

BATTER:
½ cup FLOUR; ½ cup MILK; 2 EGGS lightly beaten; pinch of BAKING SODA; pinch of SALT.

FILLING:
2 oz. jar good quality CAVIAR; ½ pint SOUR CREAM; 1 medium ONION, chopped fine; LEMON WEDGES.

Beat lightly in a bowl, flour, milk, eggs, baking soda and salt. Set aside for a minimum of half an hour. Batter may be lumpy.
Heat a dot of butter in a heavy skillet. When hot, pour batter a little at a time, into pan to form small pancakes. Cook for 1 minute or so on each side. Serve at once with about ½ teaspoon caviar, ½ teaspoon sour cream and a bit of chopped onion rolled in each pancake.
Serve lemon wedges on the side. Makes about 2 dozen.



SWEET AND SOUR BEAN SPROUTS

1 pound fresh BEAN SPROUTS; 1 tablespoon SUGAR; ½ teaspoon SALT; 2 cups WATER; ⅛ cup WINE VINEGAR; 2 tablespoons OLIVE OIL; 2 tablespoons SUGAR; ½ teaspoon SALT; ¼ teaspoon SEASONED PEPPER.

Bring sprouts to a boil in water, 1 tablespoon sugar and ½ teaspoon salt. Stir and cook 1 minute or until barely wilted. Drain thoroughly and cool.

Make a marinade of vinegar, oil, remaining sugar, salt and pepper. Pour over sprouts in a shallow bowl. Marinate overnight for best results. Sweet and sour sprouts keep well for several weeks when refrigerated.

FRIED PARSLEY

1 large bunch of fresh PARSLEY (not the least bit limp); 1 cup COOKING OIL or LARD; SALT.

Wash and thoroughly dry parsley. Cut off any heavy stems.

Heat oil very hot and deep fry 2 or 3 parsley sprigs at one time. When they begin to darken in color, remove, drain thoroughly and sprinkle with salt.

Celery leaves, water cress, chrysanthemum leaves, etc., may also be deep fried. Celery leaves are particularly good. This is an unusual and tasty garnish to introduce on the same tray with other hors d'oeuvre.

ONION-GARLIC MUFFIN

Break ENGLISH MUFFINS (one makes 8 appetizers) into 2 rounds. Spread each round with BUTTER and cover liberally with finely minced GARLIC and ONION. Sprinkle with POPPY SEEDS or CARAWAY SEEDS, or with both. SALT to taste. Brown under broiler until golden. Cut each round into quarters and serve at once.
For garlic lovers!



DOLMADES

½ pound GROUND BEEF; ½ small ONION, chopped fine; 1 small GARLIC clove, chopped fine; 1 EGG, beaten; 1 cup COOKED RICE; 1 teaspoon PARSLEY, chopped fine; ½ cup CURRANTS; ½ cup toasted PINE NUTS or slivered ALMONDS; SALT and PEPPER to taste; 1 pint jar GRAPE VINE LEAVES in salt brine; juice of 4 LEMONS; ¼ cup OLIVE OIL.

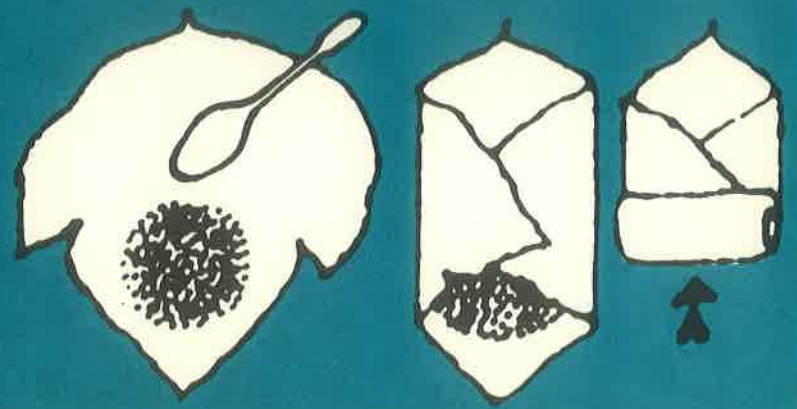
Mix beef with onion, garlic and beaten egg. Add cooked rice, parsley, currants, nuts and seasoning.

Spread out 1 grape leaf at a time and put 1 to 2 teaspoonfuls of the above filling (according to leaf size) at the lower end of the leaf. Fold both sides into the center, covering the filling and roll to the top. Dolmades should look like short, fat cigars.

Place the rolls in a casserole, barely covering them with water and ⅓ of the lemon juice. Bake covered at 350° for 40 minutes. Remove from oven and while hot add remaining lemon juice, then olive oil. Refrigerate overnight or at least 4 hours. Serve cold. Makes about 35.

For flavor variety, add one of the following to taste when mixing meat:

Oregano, ground ginger, curry or your choice of flavor.



ROSY RADISHES

2 bunches RADISHES; ¼ teaspoon SALT; ⅓ cup WINE VINEGAR; ¼ cup OLIVE OIL; ¼ cup cold WATER; ¾ teaspoon SALT; ¼ teaspoon SEASONED PEPPER.

Trim roots and stems from radishes, wash and bring to boil with ¼ teaspoon salt in enough water to cover. Boil until radishes begin to lose color (about 2 minutes), drain and cool. Make a marinade of remaining ingredients.
Let stand at least overnight. Radishes keep well and increase in flavor if stored in a jar in the refrigerator. Turn jar upside down occasionally to blend flavors.



GREEN EGGS

6 hard-cooked EGGS; ⅔ cup MAYONNAISE. Chop fine ½ cup PARSLEY, 2 tablespoons CHIVES, 1 medium DILL PICKLE, 2 tablespoons CAPERS.

Slice eggs through the center (the long way) and remove yolks. Mash yolks and add parsley, chives, dill pickle and capers. Add mayonnaise last. Refill egg halves with yolk mixture and garnish with a small sprig of parsley. Chill before serving.

CURRY-RELISH EGGS

6 hard-cooked EGGS; 4 tablespoons MAYONNAISE; 4 tablespoons green, SWEET PICKLE RELISH; 1¾ teaspoons CURRY POWDER; 5 or 6 drops JUICE FROM RELISH JAR; SALT to taste.

Slice eggs through the center (the long way) and remove yolks. Mash yolks with fork and add other ingredients. Return yolk mixture to egg halves and garnish with paprika.



TEA EGGS

1 dozen hard-cooked EGGS; 1 quart boiling WATER; 3 tablespoons ORANGE PEKOE TEA; ½ teaspoon ANISE SEED; 4 tablespoons SOY SAUCE; 1½ tablespoons SALT.

Pour boiling water over tea and let steep 5 minutes. Strain and combine with anise seed, soy sauce and salt.

In the next step, either of 2 interesting effects can be produced. They will look like enormous black olives if you shell the eggs and then simmer (do not boil) them for 1 hour in the liquid mixture.

An alternate effect may be obtained by merely making cracks in the shells by rolling them gently on the table. (When peeled and served they will look like antique, cracked porcelain). Try 6 one way and 6 the other (they can be simmered together).

After simmering uncovered for 1 hour, chill eggs covered in their own liquid (add water to cover) and store in refrigerator for several days. They will keep

almost indefinitely. Let your guests peel their own porcelain eggs.

Tea eggs also can be served sliced, garnished with cracked pepper.

PICKLED EGGS

1 dozen hard-cooked EGGS; 2 cups VINEGAR (malt, if possible); 2 teaspoons POWDERED GINGER; 2 teaspoons PICKLING SPICE; 12 PEPPERCORNS; 2 medium ONIONS; 3 cloves GARLIC; sprig of FRESH DILL or ½ teaspoon dry DILL WEED.

Add ginger, pickling spice and peppercorns to vinegar, bring to a boil and simmer for 5 minutes. Put peeled eggs into a crock or glass jar. Pour hot liquid over eggs to cover. If necessary, add water. Slice onions and add to eggs with garlic and dill. Cover (do not seal) and refrigerate for at least 4 days (eggs can be kept in their liquid for several months).

Serve cut in wedges sprinkled with salt and cracked pepper.

EGGPLANT VINEGRETTE

1 medium EGGPLANT; 2 tablespoons OLIVE OIL; ¼ cup VINEGAR; ¼ cup WHITE WINE; 2 cloves GARLIC, chopped fine; 1 teaspoon SALT; PEPPER to taste.

Bake eggplant in a 400° oven for about 20 minutes or until soft and pulpy to the touch (do not overcook). Meanwhile, make a marinade of the remaining ingredients.

When eggplant is done, remove skin. Cut a thin slice from the top and bottom and discard. Cut the remainder in strips, like french fries, and then in bite size cubes. The seedy centre of the plant, which will fall apart, may be reserved to make eggplant dip spread.

Pour marinade over cubes and let stand for at least 4 hours, stirring occasionally.

To make dip-spread, combine unused pulp with as



much of the marinade as can be spared from the vinegrette and blend at high speed until smooth. This should be done while pulp is still hot. An excellent dip for cooked artichoke leaves.

GUACAMOLE

2 ripe AVOCADOS (not overripe), peeled and seeded; 1 medium size ripe TOMATO, peeled and chopped; juice of ½ LEMON or LIME; 3 SCALLIONS, chopped fine; SALSA BRAVA or TABASCO to taste; SALT to taste.

Combine all ingredients in electric mixer (not blender). Beat until blended but not too smooth. Serve with salted tortilla chips. Makes about 2 cups.



CHEESE LEAVES

Follow directions for PUFF PASTE (see index). When dough is ready for baking, roll out one half of the amount (for easier handling) into a rectangle ¼ to ½ inch thick. Spread top half of dough surface with grated CHEDDAR or PARMESAN CHEESE, and cover with bottom half. Turn sideways and roll again into a rectangle. Again spread top half with cheese and bring up bottom half to cover. Turn sideways and roll into rectangle ¼ to ½ inch thick. Cut into pieces 2½ inches long and ½ inch wide.

Place 2 inches apart on greased cookie sheet. Bake in pre-heated 450° oven for 10 minutes. Reduce heat to 350° and complete baking until golden (about 15 minutes).

One half puff paste recipe yields about 4 dozen.



STUFFED CHEESE

Slice across (like a layer cake) a 6 inch BRIE or CAMEMBERT as near to the bottom rind as you can. Without separating pieces, cut a circle in the top piece as close to the outer edge as possible. Lift out the center in one piece, making a shell of the sides and bottom rind.



Fill the shell with CURRY SAUCE (see Curried Melon) or any good chutney. Replace top piece of cheese and cut in small wedges, to be scooped out along with a bit of sauce and eaten on a cracker.

PASTRAMI-SAUERKRAUT-CHEESE CANAPÉS

Spread a good, DARK MUSTARD on thin, bite size slices of RYE BREAD. Cover with either sliced PASTRAMI or corned beef. Add a layer of SAUERKRAUT and top with a slice of SWISS CHEESE. Just before serving, place under hot broiler until cheese is melted and slightly brown. Serve at once. A hearty tidbit.

CHEESE MERINGUES

4 EGG WHITES; 1 cup grated PARMESAN CHEESE; ½ teaspoon SALT; PEPPER to taste; 2 cups COOKING OIL.

Beat egg whites with ½ teaspoon salt and a pinch of pepper until stiff. Gently fold in cheese. Drop a teaspoon at a time into hot oil. Turn when golden. Serve immediately. Makes about 12.

POTTED SHRIMP

1 small can or jar of TINY SHRIMPS (use fresh, cooked shrimp where available); 1 stick BUTTER; 1 teaspoon MACE.

Melt butter (do not brown) in a small frying pan. Add shrimp and mace. Stir until shrimp are coated with butter.
Pour into small jar or crock and refrigerate until butter is hard. Serve from same jar with melba toast or bland cracker. Serves 6 to 8.



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demand almost nightly exposure to such fare at parties, receptions, balls and the like. The ladies still go along on the circuit but have taken the time to develop new, imaginative and, above all, tasty hors d'oeuvre recipes. You'll find them here. They're daringly different and easy to do and easy on the digestion, too!

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